ABSTRACT

The present invention provides a reversible knitted material comprising a conductive fiber yarn as a surface side and a natural fiber yarn as a back side, the conductive fiber yarn having a denier of about 70 to about 210, the natural fiber yarn having a cotton count of 30 to 150, and the material having a KES hand evaluation value (G-SOFT) of at least 6 and an electromagnetic wave shielding capability of at least 20 dB. Also provided is the reversible knitted material which further comprises an elastic fiber yarn, in addition to the conductive fiber yarn, as the surface side, the two yarns being interknitted. Further provided is an electromagnetic wave shielding garment obtainable by: measuring electromagnetic wave shielding capability using an apparatus for measuring and evaluating electromagnetic wave shielding capability of a garment in the state of being worn on the human body to determine sewing specifications; designing a garment shape to achieve a desired electromagnetic wave shielding capability; and making a garment of the designed shape.